Let One Thought Chase Another Rapidly Until You Cease to Think-A Practice

surely make up for the loss of a light's sleep. Banish everything, turn a cold sleep. Banish everything that interferes with this mos 't necessary rest. Good sleep is the foundatic up of good health.

There as 'e unfortunately many innocent sufferers 'Tom insomma. They do not drink coffe e, neither do they indulge in any nerve timulant. They simply cannot sleep. 'arious remedies have from time to time! seen prescribed for this most unhappy and dangerous condition and once in awhile we hear of something that seems to possess real efficacy. In talking over this matter with one of our most distinguished physic tans! was informed that in his opinion a great deal of insomnia as produced by taking to bed the tangles and perplexities of the day. A mother surrounded by her family has notime to think out the problem of daily hiving: the business-man full of sche mes and ambitions and threatened with reverses cannot plan his campaign surrounded by his clerks and customers. The fine poin 's are all saved till the lights are out and the house is quiet. The habit of drinking intox hearts and customers. The fine poin 's are all saved till the lights are out and the house is quiet. The habit of drinking intox house is quiet to overcome. Now, while I cannot agree with the mental-bralers in their theories of thought-causes, I am a staunch believer in the power of the will, and so wiven this physician told me that he had seen scores of cases of chronic insomnia permanently cured by turning off the thought curvent's simultaneously with the gas or the ium; in one's bed-room, it seemed to me there might be a good deal in the idea. "How is it done?" I asked.

"Let us take a man," he replied, "who is thoroughly aware of his danger, and is anxious to do all he can to secure sleep. I say to thus man, when you go into your bed-room determine to stop thinking. By

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Young Edward H. Sothern is pretty nearly as much disposed to practical jokes as was his father, who in his day beat the world's record in that line, but the young man has recently had to acknowledge that for once he was overcome. The incident occurred yesterday at the hotel where Mr. Sothern is stopping. A party of his friends were discussing the laughable and effect we scene in the second act of "Lord humley," in which he takes his morning bath behind a screen, and after splashing in a bath tub full of water speaks of the cold ness of the water and his perplexites in discussing the group of his friends fell into a nargument as to whether Sothern interests.

born in Huntington Penn., November 27, 1828. He was admitted to the bar in 1848 and practiced with distinguished success. He was compelled, however, by ill health to abandon his profession



Highest of all in Leavening Power .- U. S. Gov't Report, Aug. 17, 1889

Yal Baking
Powder

ABSOLUTELY PURE

INSURANCE STATEMENTS.

(PUBLISHED UNDER AUTHORITY OF THE AUDITOR OF PUBLIC ACCOUNTS OF THE STATE OF VIRGINIA

Total value of said mortgaged premises.

ACCOUNT OF STOCKS, BONDS, AND TYRASURY NOTES OF THE UNITED STATES AND OF THIS STATE AND OTHER NEATES, AND ALSO OF STOCKS AND BONDS OF INCORPORATED CITIES IN THIS STATE, AND OF ALL OTHER STOCKS AND BONDS OWNED ADSOLUTELY BY THE COUPLY OF THE STOCKS AND BONDS OWNED ADSOLUTELY BY THE

Total par and market value, carried out at market value. Harket Faine.

value.

Amounts of Stocks, Bonds, and all Other Securities (Except Morria seess Hypogrescared to the Company as Collaterial Security for Cash Actually United Ext
the Company, with the Par and Market Value of Sams, and Market
Lorned Racks.

Lorned Second National Early, Springfield, Mass., 7 shares
of \$100 each.
National Bank of Commerce, New York, 25 shares of
\$100 each.

National Bank of Commerce, New York, 25 shares of
\$100 each.

Chicago, Burlington and Quincy Railroad Company
Second Second Second Second

I union Pacific Kailroad Company, IS shares of \$100
each.

Atchison, Topeka and Samte Fe Railroad Company,
I shares of \$100 each.

National New Haven Bank, Shares of \$100 each.

National Par value.

\$8,225.00

Phonix National Bank, Hariford,
Charter-Oak National Hank, Hart ord,
Farmers and Mechanics National Hank, Hartford,
State Sank, Hariford
City Sank, Hariford
Hariford National Bank, Hartford,
First National Bank, Hartford



